

WHAT IS ELCA?

For over 40 years, Edinburgh and Lothian Council on Alcohol has been providing help to anyone worried about their own or someone else's drinking.

We are committed to providing an equitable service to everyone who needs it, regardless of background or lifestyle.

ELCA respects the confidentiality of all who seek our services. However, in certain circumstances – such as harm to self or others, or any concerns regarding children – ELCA may need to share information with a third party.

A copy of ELCA's confidentiality policy is available upon request.

ELCA has a complaints procedure for service users. Leaflets are available from reception.

ELCA IS A COMPANY LIMITED BY GUARANTEE WITH CHARITABLE STATUS AND REGISTERED IN SCOTLAND. NO. 93818/SCO 04192

WHAT YOU NEED TO USE THIS SERVICE:

An agreed weekly time when your allocated worker can call.

A personal telephone number on which we can contact you.

A private space, free from distraction, so that you can gain the maximum benefit.

HOW TO CONTACT US:

phone: **0131 337 8188**

fax: **0131 337 9825**

email: elca@btconnect.com

website: www.elcaalcohol.co.uk



**AWARDS
FOR ALL
SCOTLAND**

LOTTERY FUNDED

ELCA

**Edinburgh and Lothian Council on
Alcohol**

TELEPHONE SERVICE

(FOCUSSED SUPPORT)



*Telephone Support for Alcohol Problems
Available daytime and evenings
By appointment*

**FOR MORE DETAILS GIVE US A CALL
ON**

0131 337 8188

ELCA

- **Are you concerned** about your drinking?
- **Do you want to explore** your options around your drinking?
- **Are you seeking support** to make changes to reduce or stop your drinking?
- **Do you want to know** how best to move forward?

If the answer is YES to one or more of the above then perhaps ELCA's Telephone Service is for you.

ELCA Telephone Service (focussed support) offers 30 minute telephone support to enable you to focus on your alcohol issues.

The telephone support worker will contact you at an agreed time. You will need to have access to a phone and private space, free from distractions. You can engage in telephone support weekly for up to four weeks.

Some of the key issues you may want to discuss:

- **Information on alcohol**
- **Your drinking patterns**
- **Changing the way you drink**
- **Reducing harm**
- **Stopping or controlled drinking**
- **Relapse prevention**
- **Services at ELCA or other organisations that may be useful to you.**

ELCA TELEPHONE SERVICE

(FOCUSSED SUPPORT)

Is a new service that is easy to access; it is free and confidential.

You may find a 30 minute session is all you need or you may want to engage in up to 4 focussed sessions.

Your telephone support worker can inform and refer you on to other services that you may find useful.

Give us a ring on **0131 337 8188** to arrange your first appointment.



ELCA Telephone Service is available daytimes and evenings by appointment.